

Tohimahina 'o e Fua'i'akau & Me'akai tahi

F=Faha'ita'u T=Taimi	Mahina											
Me'akai Fua	S	F	M	E	M	S	S	A	S	O	N	T
Artichokes	F	F	T	T	T	F	F	F	T	T	T	F
Blackberries				F		T	T	F				
Piini	F	F				F	F	F	F		F	F
Boysenberries					F	T	T	T				
Brussels Sprouts	F					F	F	F	T	T	T	
Kaloti	F	F	T	F	F	F					F	F
Chard	F	F	F	F	F					F	F	F
Koane					F	F	T	T	F			
Cucumbers	F					F	F	T	F	F	F	F
Endive	F	F										F
Kale	F	F	F	F	F				F	F	F	F
Kiwi	F										F	F
Leeks	F	F	F	F	F	F	T	T	T	T	T	T
Mushrooms	F	F	F	T	F	F	F	F	F	F	F	T
Olallieberries					F	F	F					
Peas			F	F	T	F						
Pateta	F	F			F	F	F	F	F	F	T	F
Hina								F	F	F		
Raspberries					F	F	F	F	F	F		
Squash						F	F	T	T	F	F	
Strawberries						F	F	F	F	F	F	
Temata						F	F	F	T	F	F	

Me'akai Tahi	S	F	M	E	M	S	S	A	S	O	N	T
Tuna				F	F	F	F	F	F	F	F	F
Black Cod (Sablefish)	F	F	F	F	F	F	F	F	F	F	F	F
Paka	F	F	F	F	F	F					F	F
Halibut	F	F	F	F	F	F	F	F	F	F	F	F
Samani	'E toki fakaha atu 'i he uike ua 'o 'Epeleli											
Rock Fish	F	F	F	F	F	F	F	F	F	F	F	F
Ling Cod	F	F	F	F	F	F	F	F	F	F	F	F

'E fakatefito hono ma'u moe lahi mei he fakamatala'ea

Ngaahi maketi pau 'i he Vahenga San Mateo

☺ = Ngofua WIC & Sieke ki he kau matu'o tu'a
 ✓ = Ngofua EBT Cards (Supplemental Nutrition Assistance Program)
 Taimi fakamaketi 'i hono liliu faka'osi he 'aho 9/22/10

Tu'asila ki he Maketi	Aho, Houa & Faha'ita'u 2010
Matafonua	
Half Moon Bay Shoreline Station Parking Lot ☺ Hwy 1, between Hwy 92 & Kelly Ave	Tokonaki 9 - 1 pm Me - Tisema
Pacifica Rockaway Beach at Hwy 1 ☺ 400 Block, Old County Road	Pulelulu 2:30 - 6:30 pm Me - Tisema
Vahenga Noate	
Daly City Serramonte Shopping Center (near Target) ☺ Cow Palace, Lower Parking Lot ☺ ✓ 2600 Geneva Ave	Tu'a & Toko 9 - 1 pm Ta'u kakato Tokonaki 9 - 1 pm Siulai - Okatopa
South San Francisco Kaiser Permanente ☺ ✓ 1200 El Camino Real Orange Memorial Park ☺ ✓ Tennis Dr between Orange & N. Canal	Tusite 10 - 2 pm Me - Septema Tokonaki 9 - 1 pm Me - Okatopa
San Bruno San Mateo Ave at Jenevein ☺ ✓	Sapate 9 - 1 pm Me - Okatopa
Vahenga Lotoloto	
Burlingame Burlingame Ave. and Park Rd.	Sapate 9 - 1 pm Epeleli - Tisema
Millbrae 200 Block of Broadway	Sapate 8 - 1pm Ta'u Kakato
San Mateo College of San Mateo Parking Lot ☺ ✓ 1700 W. Hillsdale Blvd @ Campus Dr. First Presbyterian Church Parking Lot ☺ ✓ 194 W. 25th Ave. at Hacienda Wells Fargo Parking Lot 100 E. 4th Ave.	Pule & Toko. 9 - 1 pm Ta'u Kakato Tusite 4 - 8 pm Me - Okatopa Sapate 12 - 2 pm Me - Okatopa
Vahenga Saute	
Belmont Belmont Caltrain Station ☺ ✓ El Camino and O'Neill	Sapate 9 - 1 pm Ta'u Kakato
East Palo Alto YMCA Parking Lot, 550 Bell St	Tokonaki 2 - 5pm Ta'u Kakato
Menlo Park Corner of Crane and Chestnut ☺ ✓	Sapate 9 - 1 pm Ta'u kakato
Redwood City Kiwani's Farmers Market ☺ Middelfield Rd. and Winslow St. Kaiser Permanente Parking Lot ☺ ✓ 1150 Veteran's Blvd. at Marshall	Tokonaki 8 - 12 pm Epeleli - Novema Pulelulu 12 - 2 pm Epeleli - Septema
San Carlos Laurel Ave., (btwn Cherry & Olive) ☺ ✓	Tu'apulelulu 4 - 8 pm Me - Septema

Ka 'ia i ha'o fehu'i pea ke vakai ki he
www.co.sanmateo.ca.us/agwm

MOU'ILELEI MEI HONO
 KAI
 'A E ME'AKAI FAAMA FO 'OU
 MO E
 ME'AKAI TAHI FO 'OU

to, toli, kai, filii



ngaahi, kai, fakatupu, mou'i

SAN MATEO COUNTY
 AGRICULTURAL COMMISSIONER
 CONVENTION AND VISITORS BUREAU
 FARM BUREAU
 HARBOR DISTRICT
 HEALTH SYSTEMS
 UC COOPERATIVE EXTENSION
 2010

KO E HA HONO MAHU'INGA 'ETE KAI 'A E FUA'I'AKAU MO E VESITAPOLO FO'OU?

Fua'i'akau 'oku to fakalotokolo 'oku fo'ou, ifo pea ma'u ai 'a e ngaahi ivi lahi!

Ko e fua'i'akau mo e vesitapolo fo'ou ko e kakato ia 'o e ngaahi fua. 'Oku ifo pea toe ma'u ai 'a e ngaahi vaiamini 'oku sai ki he sino. Kai he 'aho kotoa he 'oku tokoni ke faka'ehi'ehi mei he kanisa mo e ngaahi mahaki kehekehe,

Fakatatau ki he falekoloa lalahi, 'oku nau toli 'ekinautolu 'a e fua'i'akau te'eki ke momoho 'o 'ave ki ha feitu'u 'e taha 'o tauhi ai. 'I he'ene pehe 'oku mole ai 'a e ifo mo e ivi lahi mei he fua'i'akau.

Koe kau faama 'a e Vahenga San Mateo 'oku nau to fua'i'akau mei he piini ki he ngaahi fua'i'akau kehekehe. 'Oku lahi 'a e kau faama 'oku 'ikai ke nau ngaue 'aki 'a e kemikale. 'Oku kau 'a e 'ea lelei 'o e vahenga ni ki he kau faama, komuniti pea mo kinautolu kotoa 'oku nau ngoue faka'api.



San Mateo County Agricultural Commissioner



Half Moon Bay Chamber

KO E HA E MAHU'INGA 'O E ME'AKAITAHI FO'OU?

Ko e me'akai tahi 'oku ifo, fakatupu mo'ui lelei pea 'oku lahi 'a e vaiamini D moe ngaahi ivi kehekehe. Koe me'akai tahi 'oku si'isi' i foki ai 'a e ngako pea koe lahi 'ete kai 'a e me'akai tahi 'oku ne tokoni 'o ta'ofi 'a e ngaahi mahaki fakaesino lahi.

Koe me'akai tahi 'oku ala 'o faka'auha - ka ma'u fo'ou ha ika pe ha paka 'oku ifo makehe pea ha fo'ou mo ifo ki he kai. Teke lava 'o fakatau 'a e me'akai tahi fo'ou mei he 'u maketi fakalotokolo pea moe ngaahi vaka toutai 'i Pillar Point Harbor 'i Half Moon Bay. Ka 'i ai ha'o fehu'i fekau'aki mo e ma'u faka'aho fetu'utaki kia: Fishfone: (650) 726-8724

Fakamatala ki he mahu'inga 'o e mo'uilelei:

www.fruitsandveggiesmatter.gov

Falekai 'oku ma'u 'a e fua'i'akau fo'ou

www.freshasitgets.com

Fakamatala ki he faama moe tu'unga 'oe faama:

sanmateo.cfb.com

Master Gardeners

<http://groups.ucanr.org/sanmateo>

Get Healthy San Mateo County Task Force

www.gethealthysmc.org

'OKU TOKONI FEFE 'A E KAU FAAMA MOE KAU TOUTAI KI HE 'ATAKAI MOE KOMUNITI?

- Ko hono poupou'i mo tokoni'i 'o e ngoue mo malu'i pea ne faka'ata 'a e 'ea mo e nofo'anga ki he fa'ahinga 'o e vaota.
- Fakasi'isi'i 'e he 'ulu'akau 'a hono tukuange mai 'a e kemikale kona
- Hanga 'e he ngaahi faama 'o fakasi'isi'i hono ngaue'aki 'a e penisini ki he ngaahi me'alele pea holo ai hono tukuange 'a e ngaahi kemimale kehekehe.
- Pukepuke 'a e 'ekonomika fakakolo mo faka'ata 'a e ngaue lahi ki he komiuniti.
- Hoko 'a e ngou, taumata'u ko ha ngaahi fakamalohisino lelei ia ki he sino, 'atamai moe laumalie.
- Tokoni ki he kakai 'a e mahu'inga ke tauhi 'a e fonua, kolo, 'ataakai mo e 'oseni.



Farmer John

San Mateo County Farm Bureau

